

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

September 1	Cold Plate ~ baked chicken with turmeric yogurt sauce, tomato & cucumber salad, roast zucchini
September 8	NO LUNCH THIS WEEK room being used for State Primary
September 15	Ratatouille (stewed summer vegetables) with pasta, mixed green salad
September 22	Codfish cakes, cole slaw, baked beans
September 29	Vegetable stir fry with coconut rice
October 6th	Chicken parmesan with pasta, mixed green salad
October 13th	Salmon teriyaki, mashed sweet potato, vegetable
October 20th	Meatloaf, mashed potatoes, peas
October 27th	Baked acorn squash with rice and walnut pilaf, Caesar salad

SUMMER SALADS BY IRIS

Available every Monday,
a different summer salad, packed to go,
\$4.00/pint, through September

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

October 3rd	Potato leek
October 10th	Chicken vegetable <i>(Tuesday due to holiday)</i>
October 17th	Chick pea & tomato
October 24th	Portuguese kale
October 31st	Pureed butternut squash

